

Use of lipoic acid for increasing the bioavailability of mineral salts

#### 5 Abstract

The use of  $\alpha$ -lipoic acid or  $\alpha$ -dihydrolipoic acid for increasing the bioavailability of mineral salts, the use of  $\alpha$ -lipoic acid or  $\alpha$ -dihydrolipoic acid in combination with metal salts, in particular the use of metal  $\alpha$ -lipoates, metal  $\alpha$ -dihydrolipoates or metal- $\alpha$ -lipoic acid complexes, in particular in mineral preparations or drugs and the metal  $\alpha$ -lipoates, metal  $\alpha$ -dihydrolipoates or metal- $\alpha$ -lipoic acid complexes themselves are described.

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